

# **A Journey Toward Trust:**

**How to Use Critical And Creative Thinking To Navigate The Path To Self-Sustainability**

Azra Caus

Synthesis Theory of Practice



priglavke [pre-glav-que] *noun*, traditional Bosnian house slippers

***How did I get here? What led me to self-sustainability?***

# Self-Sustainability

What is sustainability?

What is self-sustainability?



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# 14 concepts of well-being

**Happiness**

**Vitality**

**Calmness**

**Optimism**

**Self-worth**

**Involvement**

**Awareness**

**Acceptance**

**Competence**

**Development**

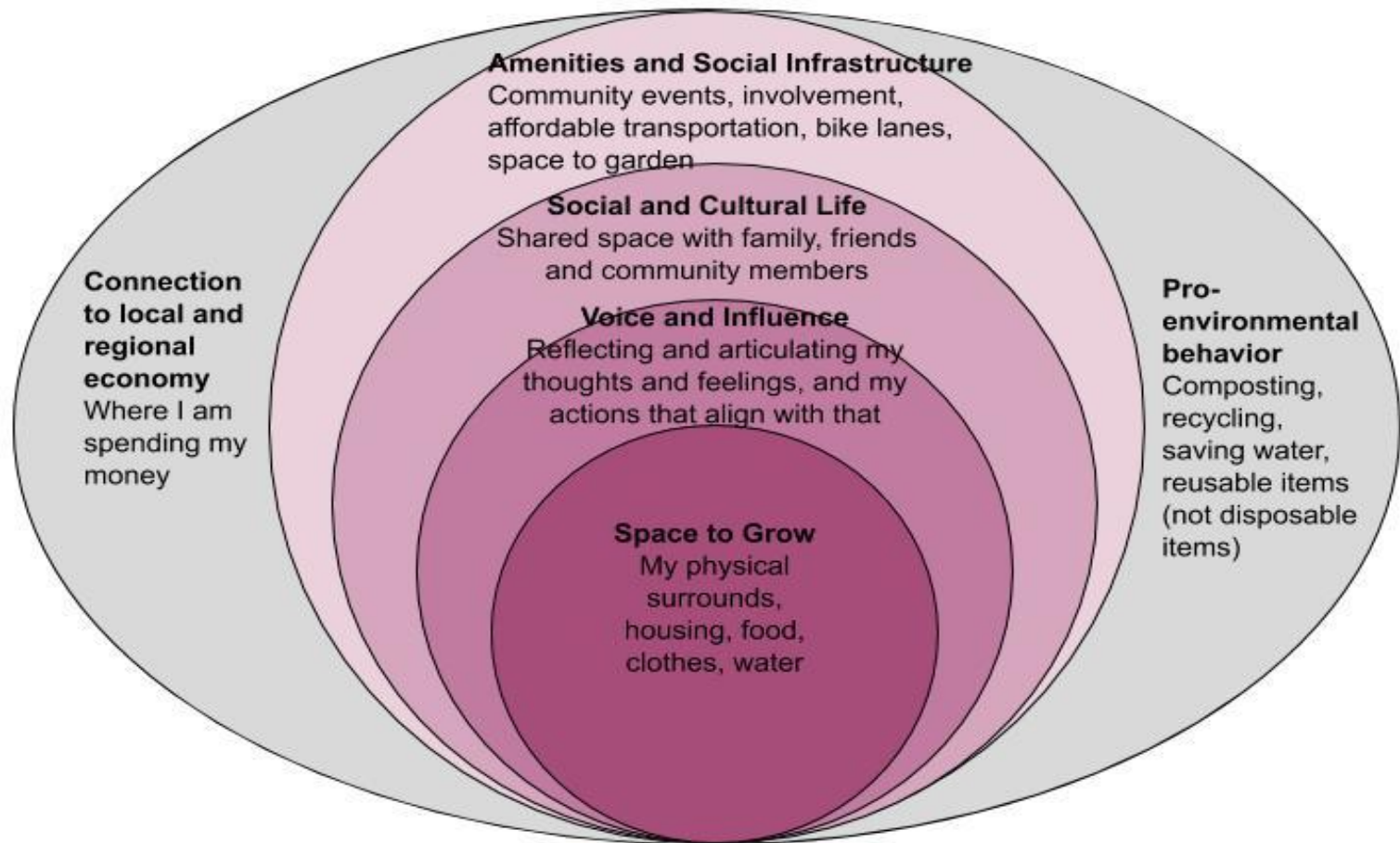
**Purpose**

**Significance**

**Congruence**

**Connection**





# Assumptions

- Not everyone has access to a therapist. The cost of having a therapist is expensive.
- Certain circumstances do not involve putting ourselves first.
- Thinking things through first is important, in order to take action in many circumstances.
- Not everyone's schedule allows them to write daily or frequently, but we can continue still continue to practice gratitude, introspection and reflection.

# **Gratitude, Introspection and Reflections**

**“Our beliefs are changing our biology all the time.” – Lynne Zimmerman**

**2003 and 2008 study shows fMRI studies how practicing gratitude influences the hypothalamus**

**Gratitude leads to improved sleep, well-being and more tolerance to change.**



# **Toolkit inspired by....**

- **Author and wellness consultant Alexandra Elle**
- **Daily Self Affirmations in Alexandra Elle's  
'Today I Affirm' Journal**
- **My CCT journey**

# **Tools that I've applied**

**10 + 10 Questions**

**DeBono's Six Thinking Hats**

**Bug List and Gem List (with Magnify, Minify, Modify)**

**Breaking a Habit**

**The 5 Whys**

**The Decision Matrix**

**Cosecha Principles**

**Cycle of Composting**

# 10 + 10 Questions

Developed by Peter Taylor and Jeremy Szteiter

Asking questions to process and clarify what is most interesting to you

Date: 4/17/2019

- 1) What do you do now that is different from a year ago?
- 2) How do I practice gratitude?
- 3) How do I practice self-love?
- 4) How do I practice positive self-talk?
- 5) How has positive thinking opened up doors for me?

# Six Thinking Hats

Developed by Edward de Bono

Multidimensional ways of  
looking at one situation



# My sample entry

Specific situation: *I'm having trouble expresses my mixed emotions.*



## GREEN HAT

positive creative effort




*Is the space that I'm in allowing me to grow? Is the environment I'm in healthy and conducive for me? If so, how do you know that? If not, what places or space do allow me to grow?*



## BLACK HAT

identifies mistakes




*Do I trust who I am surrounded by and sharing information with? Do I feel safe in the environment I am in? Am I being honest and realistic?*



## YELLOW HAT

looks for benefits




*What am I grateful for in my current situation? What is allowing me to continue moving forward? What keeps me grounded? How can I keep more of that.*



## RED HAT

expresses emotions



*What is bothering me? What I am thinking about and what is triggering these emotions? List things that will make me feel better.*



## WHITE HAT

getting information



*Is my thinking rational? Who have I checked in that is honest and trustworthy? Are people around me feeling this way?*



## BLUE HAT

suggests next steps



*What can I learn from this situation? About my surroundings and myself? What is the difference between being what is going in my head and what is going on in reality?*

# The Decision Matrix

Developed by Taylor Simpson

Considering factors I value and the options I have

| THE DECISION MATRIX   |          |          |          |          |
|-----------------------|----------|----------|----------|----------|
| ↓ Factors / Options → | Option 1 | Option 2 | Option 3 | Option 4 |
| 8                     |          |          |          |          |
| 7                     |          |          |          |          |
| 6                     |          |          |          |          |
| 5                     |          |          |          |          |
| 4                     |          |          |          |          |
| 3                     |          |          |          |          |
| 2                     |          |          |          |          |
| 1                     |          |          |          |          |

# My sample entry

Mathematical results and emotional results

Reaffirming thoughts I have

A feeling a relief and contentment

| THE DECISION MATRIX   |        |         |          |         |
|---|--------|---------|----------|---------|
| ↓ Factors / Options →   | Boston | Oakland | San Jose | Berkley |
| 8<br>room to grow and challenge myself                          | .2     | .3      | .2       | .3      |
| 7<br>neutral climate most of the year grow and challenge myself | .1     | .3      | .4       | .2      |
| 6<br>biker friendly grow and challenge myself                   | .1     | .4      | .2       | .4      |
| 5<br>close to family and friend-grow and challenge myself       | .5     | .1      | .3       | .1      |
| 4<br>cultural diversity grow and challenge myself               | .3     | .3      | .2       | .2      |
| 3<br>urban agriculture/<br>learning about native plants         | .1     | .2      | .3       | .4      |
| 2<br>exploring a new place grow and challenge myself            | .1     | .3      | .2       | .4      |
| 1<br>low cost in rent   | .4     | .2      | .2       | .2      |

# Breaking a Habit

From Gary Davis's *Creativity is Forever*

Providing new opportunities and new ways of thinking

| BREAKING A HABIT                                      | Think about a habit to break, or accept a new responsibility that is a change from your daily routine. |
|---|--|
| What habit did you break?                             |  |
| What did you discover?                                |  |
| What new opportunities did breaking this habit bring? |  |
| Reflections   |  |



# Breaking a Habit

| BREAKING A HABIT   | Think about a habit to break, or accept a new responsibility that is a change from your daily routine. |
|--|--|
| <p>What habit did you break?</p> <p><i>Think about a habit to break, or accept a new responsibility that is a change from your daily routine.</i></p>  |  |
| <p>What did you discover?</p> <p><i>I decreased how much coffee I have per day for one week. My muscles did not feel as tense, and I started not feeling as anxious as I usually do.</i></p>   |  |
| <p>What new opportunities did breaking this habit bring?</p> <p><i>Instead of going to my usual coffee shop, I went a nearby tea shop to buy herbal tea, where I also made a new friend.</i></p>   |  |
| <p>Reflections</p> <p><i>This activity reminded me how it is important to stay open-minded. I always considered myself an open-minded person but it's not until I push myself into doing a certain things I feel somewhat resistance towards, do I realize that I am not as open-minded as I thought I was. This activity showed me that I have a lot to learn about myself, others and my surroundings. I am able to discover new places and sometimes meet new people.</i></p> |  |

# The 5 Whys

Developed by Sakichi Toyoda

Asking why to find the root cause of a problem

A feeling of relief

Reaffirming my thoughts and feelings

## 5 Whys

- 1) (The problem) Why?
- 2) Why?
- 3) Why?
- 4) Why?
- 5) Why (The root cause)

# Bug List and Gem List

**Inspired by Delores Gallo's  
bug list and used SCAMPER**

**Created a gem list as a way to  
practice gratitude**

**BUG LIST**



*What bugs you?*

**GEM LIST**



*What do you enjoy?*

# My sample entry

## Acknowledging both what bothers me and what I enjoy

### BUG LIST



What bugs you?

Dishonesty

Road rage

Injustice

Plastic packaging

Companies that profit off

of poor people

Traffic

Instant coffee

Turbulence

Where trash is dumped

Making assumptions  
about someone's feeling

### GEM LIST



What do you enjoy?

Cultural diversity

Fresh food

Pretty shoes

Traveling

Flowers

Showers

Cold water




Healthy relationships

Bike rides

Sunshine




# ...with Magnify, Minify, Modify

A way to take action  
and improve your  
quality of life.

| MAGNIFY<br> | MINIFY<br> | MODIFY<br> |
|--|---|---|
|  |   |   |
|  |   |   |
|  |   |   |
|  |   |   |
|  |   |   |

# My sample entry

## *How will I take action?*

| MAGNIFY   | MINIFY   | MODIFY   |
|---|--|--|
| <br>add or increase  | <br>eliminate or reduce   | <br>adapt   |
| Bike rides - how can I better prepare myself for bikes in stormy weather?   | Instant coffee - it is okay to say no to coffee (especially instant coffee!)   | Pretty shoes - how many are too many shoes? How can my purchasing power be more conscious?   |
| Fresh food - share a local farm box with a friend or family member  | Where trash goes - reducing the amount of trash that goes to landfills. Recycle and compost. Try to not buy stuff that you cannot recycle or compost.                          | Turbulence - it can be stressful. I can drink a lot of water and practice deep-breathing activities when there is turbulence in airplanes. |
| Sunshine - vitamin D is essential. If it has been a long winter and/or many gloomy days, treat yourself by vacationing somewhere warm or make sure you have an intake of vitamin D from your food and/or supplements. | Plastic packaging - think twice or more times before purchasing something. Write a letter expressing your concerns about plastic packaging to a company that uses a lot of it. | Sustainability - Ask questions to companies about where their clothes, food and/or coffee is coming from? How is it sourced etc.?          |
| Healthy relationships - write an appreciation/thank you letter to someone you love.   | Injustice - donate or volunteer in a local organization or group. Vote. Testify at city council.   |  |

# Questions for you:

- What tool(s) have you practiced before, or do you see yourself putting to practice?
- How can these tools be more inviting?
- What limitations or obstacles do you anticipate when using this toolkit?



# Thank you, everyone!



Photo by Justin Kauffman on Unsplash



# Questions or comments?

*"Little by little, one walks far."*  
- Peruvian Proverb

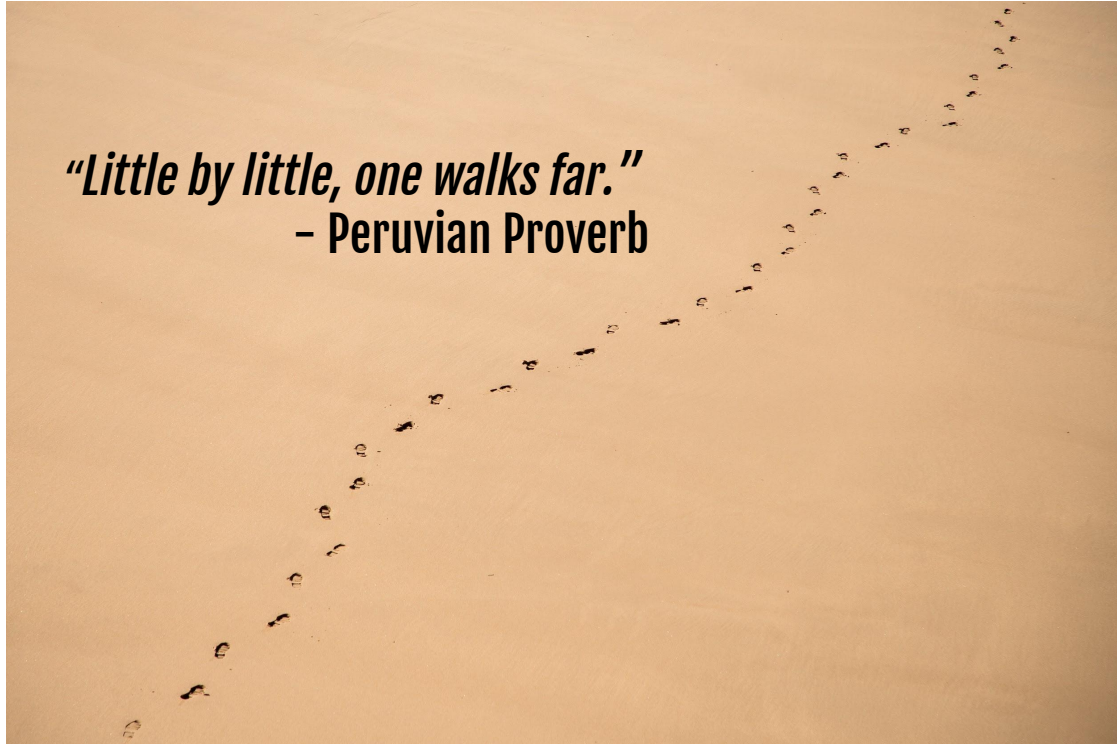


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